HINTS ON BEAUTY.

The Only Way to Help Nature is to Persevere in the Use of Harmless Recipes.

Specialist Erasmus Wilson's Prescription For Removing Spots

How to Avoid the Wrinkles -- The Care of the Hair--Fixing Over Last Season's Dresses.

I honestly believe, says a recent writer, women lose their good looks because they are too lazy to take care of them. They forget the copy-book motto that "perseverance is the secret of success," and they ance is the secret of success," and they all the artistic nature of the American pub make themselves look like mummles done lic rises up and metaphorically cries, "Fig. up in unguents and spices for three nights | upon it! in the week and jump into bed without a hought of washing their faces for the next hought of washing their faces for the next ix. Then they wonder that "that stuff" what persistency they broke your nails. take them all off and put good sized ones on, having not all the hooks on one side and the eyes on another, but putting first a and the eyes on another, but putting first a side them all off and put good sized ones on, having not all the hooks on one side and the eyes on another, but putting first a side them all off and put good sized ones on, having not all the hooks on one side and the eyes on another, but putting first a side them all off and put good sized ones on, having not all the hooks on one side and the eyes on another, but putting first a side them all off and put good sized ones on, having not all the hooks on one side and the eyes on another, but putting first a side them all off and put good sized ones on, having not all the hooks on one side and the eyes on another, but putting first a side them all off and put good sized ones on, having not all the hooks on one side and the eyes on another, but putting first a side them all off and put good sized ones on, having not all the hooks on one side and the eyes on another, but putting first a side them all off and put good sized ones on, having not all the hooks on one side and the eyes on another, but putting first a side them all off and put good sized ones on the side that the side t unless it be the constant consuming of ice-cream, soda and candy. I wish that our government would knock a little of the government would knock a little of the only safety consists in their being safe to unless it be the constant consuming of icesoap and water, good-eating-and-good-di-gesting sense into the heads of women by off-ring every year an enormous cash prize to be paid, in gold, for the finest complex-ion. There would immediately be a corner in soap, for women are especially tempted

by gold.
To get off the freckles, to cause the sun-To get off the freckies, to cause the sunburn to disappear, you have got to put on your face and neck and on your arms, darkened by battling with the waves, a mixture of two parts of Jamaica rum to one of lemon juice; dabble it well on the surface, let it dry, and wash it off in the morning in your hot bath. Besides whittening the skin, which the lemon does, the rum gives it a vigor and makes a rosy flush come to the surface. You will gain no good from this by doing it for one or two nights; keep it up for two weeks at the least, and remember that when your skin has that depreseed, wornout look that comes from sitting up too late at night, nothing will invigorate it like a few drops of Jamaica rum put into the water with nothing will invigorate it like a few drops of Jamaica rum put into the water with which you wash your face. I say "wash your face" because language is contagious, more contagious than the measles; but what I really mean is bathe your face. You want to have a good bowl, you want to fill it almost to the top, and you want your face to have the best sort of a bath both night and morning.

Your eyebrows, because they have not

them. The smoothing may be done with the fingers or with a soft little brush, but them. The smooth a soft little brush, but the fingers or with a soft little brush, but no stiff bristles must be brought in contact with the sensitive part of the face. If you haven't eyebrows? Then buy a crayon pencil and practice giving them to yourself before a mirror. Practice and that alone before a mirror and the mirror alone alone and the mirror alone alone alone alone and the mirror alone like vice grown familiar, we learn to dure, and if not exactly embrace, at least to think that nobody else notices them.

The great skin specialist, Erasmus Wil-son, gave to make the spots disappear the fellowing prescription: Mix well and rub into the spots at night.
In the morning wash it off with warm
water and soap, and when the grease is
completely removed, apply the following
lotion:

If the skin feels a little rough after tais, a lotion composed of half a pint of almond mixture and half a drachm of Goulard's extract will ease it. This is absolutely Dr. Wilson's prescription, and as the world has not yet produced a better authority on the subject of the skin, it is worth while cutting out and putting in the scrap book

You realize that a wrinkle is coming; you don't understand it and you like it less. How did it get there? Like the rest of your sisters you are of a nervous temperament and even when you are not speaking you are moving your mouth. Nothing so entirely tends to the formation of wrinkles as a continual biting of the under lip, a moistening of the lips with the tongue, or a drawing the lips up at the sides, which causes an ugly, supercitious look and which is the best friend for the cultivation of wrinkles. Learn the art of repose as far as your face is concerned. You can look intelligently at things, and all the expression desired may be in your eyes, but that is no reason why any other part of your face need move. Laughing and crying alike are said to cause wrinkles while a pleasant smile never will, and the moral of this would seem to be that it's wisest to repress one's feeling, or as the darky mammies have always taught, that "a loud laugh bespeaks a vulgar mind."

Avoiding this, you are stamped well bred,

Avoiding this, you are stamped well bred, and the wrinkies do not come.

Early in the autumn the winds cause fissures or cracks in the lips that are not only extremely unpleasant to look upon, but are exquisitely painful, and by touching them with your tongue you intensify the pain very much. Go to the drug shop and get there an old remedy so old that it has the charm of novelty. It rejoices in an overpowering Latin name, but when you ask the druggist for it in English, say you want citron cream; apply this with your want citron cream; apply this with your fingers, or a soft linen cloth, and the cool-ing and healing result that will follow will convince you that even in medicine some-times old things are best.

convince you that even in medicine sometimes old things are best.

Now about your hair; its gloss is gone; it looks dirty; very well, then, what it needs first of all is a good shampoonig with warm water and brown soap gotten from the kitchen. You only need enough soap to make a good lather, but no other is as really desirable as this, which seems to cut the dirt, and being washed out immediately by the hot water, it does not injure the hair. Have your hair fanned until the dry, or also go about with it loose, but do not under any circumstances put it up while it is damp, for if you do it will have for days an abominable mouldy smell. To get back its gloss, you will need to cultivate the muscles of your arm, brush it for fifteen minutes every night and morning, giving it long, sweeping strokes and having a brush for the bristles of which, while they are long and close together, are yet not stiff enough to bristies of which, while they are long and close together, are yet not stiff enough to hurr your head. It is a matter of small importance about the brains, but when it comes o brushing the hair, you need not bang your head as if you thought it was made of wood. That sort of treatment will never give it the beautiful gloss, the beautiful natural gloss that announces to the world at large that not a particle of dye has been used upon it in making it blonde or brown. Entre nous, the orushing of or brown. Entre hous, the orushing of your fair locks in the way described, will develop not only your arms, but your bust.

Next you have to dector the frocks.
Why in this world where women, unfortunately, have to earn their bread and butter, there are not some who will mend hings or duds is something I cannot under

stand. It would be much more creditable to a woman to sew on missing hooks and eyes, to mend lace flounces, to put drapery back to the place it belongs, or to freshen up frills of lace at the throat, and do it well, than to insist upon making ill-fitting bodices, badly cut skirts, and placing posters where you will sit down on them, and couldn't reach them to save her soul. The average dressmaker regards the doctoring of a wardrobe as beneath her, which only proves to me and to you what all-around fools women are capable of being. To have somebody you can trust come in once a week, or whenever you want them, take yoar keys, look over your belongings, put a stitch where it is wanted, thus saving the 20 that the future might require, is, I consider, a great blessing, and one that would be appreciated by hundreds of women. The claim usually is that they don't get enough pay for it, and that the work don't make any show; well, let them ask a rair price, and if the person for whom they are workand if the person for whom they are working doesn't groan about the show, I don't see why they should. I think—but then I am only morbid and dressmakers are beyond that—that there is ten times more show in a bodice properly men ed and a skirt with a fresh ruffle about the bottom, than in a directoire coat that is ill-fitting, manifely in the person who will war it. unsuitable for the person who will wear it and which makes so much of a show tha

In fixing over—delightful term!—a bodice remember the agonies that the small hooks come undone, and you have to pin them besides. Whereas, a big, every-day work-ing hook will do his duty in that station of the frock where he is necessary. About the lower edge of a skirt, if it is torn, take your biggest selssors and cut off the ragged edge with great evenness, putting as the fluish, and to sup-

now good form.
You are going to take out the big reeds; if your skirt will permit it, replace them by tapes; if it is made so that something in the shape of a reed is required, put in very small ones, but as you value your temper and the keeping of it, do not choose those reeds that hook in the center, but cling to the old straight one tied with tape. The divided reed is even and rigid in its deter-Four eyebrows, because they have not been attended to, are standing up in a fierce fashion which makes you look as aggressive as the ideal suffragist; you must smooth them down every night with a little cold cream, which will thicken and darken them. The smoothing may be done with the fingers or with a get a standard to the summer of the summer, but see if instead you can be summer, but see if instead you can be summer.

will make them perfect, and when it comes to supplying nature's neglect, only perfection can be accepted. Spots on the skin are not desirable, except for the gay and festive leopard, so what you want to do is to get rid of them as soon as possible, for the ivory white material. Look over the ball gowns and see if any of the trimmings cannot be used on the numerous tea gowns that you are going to make, and remember before you put them away for this purpose, that each should be dusted carefully with a soft brush and wrapped in tissue paper. Spots, especially those that cannot be accounted for, are best submitted to a professional cleaner, because dabbling first with benzine and then with ammonia and then with naphtha will tend to make their last condition worse than the first, and attendball gowns and see if any of the trimming ondition worse than the first, and attending to them by professionals more difficuit and expensive than it would have been in the beginning.

It is astonishing how rapidly the teeble and debilitated gain strength and vigor when taking Ayer's Sarasparilla. For what are called "broken-down constitutions," nothing else has proved so effective as this powerful and perfectly safe medi-

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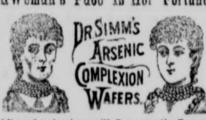
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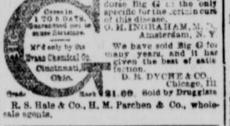
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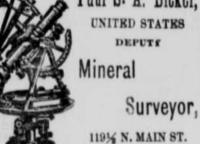


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